

## ABSTRACT OF THE DISCLOSURE

A method of setting up two-way optical communication between a central unit and a remote unit suitable for operating in a given communication mode selected from a plurality of communication modes. A plurality of frame patterns is defined in the central unit, with each frame pattern being appropriate to one of the communication modes. The plurality of frame patterns are sent sequentially until a coherent response is obtained from the remote unit, the communication mode of the remote unit being the mode which corresponds to the frame pattern which gave rise to the coherent response.